KEEP WHAT YOU'VE EARNED TRAINING PRESENTATION:
INTRODUCTION & VIDEO

SESSION 1 | 2013

DRINK RESPONSIBLY.
KEEP WHAT YOU'VE EARNED

AN INTRODUCTION TO "KEEP WHAT YOU'VE EARNED"

Click play to watch the Keep What You've Earned PSA. *Note: Video will only play in "slideshow" mode.*

DRINK RESPONSIBLY.
KEEP WHAT YOU'VE EARNED

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It Wasn’t Easy Getting Here

- Only one-third of 17- to 24-year-olds in the United States are even eligible for Navy service.
- Even fewer are capable of enduring the physical and emotional Challenges of being a Sailor.*
- One bad decision while drinking alcohol can jeopardize everything you’ve earned.

*Source: Navy Recruiting Command, May 2013

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DID YOU KNOW?

In 2011,

1 person died every **53** minutes in an alcohol-related car accident.

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DID YOU KNOW?

Going out for
6
beers per week
costs almost
$100
a month
or
$1,200
a year.
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DID YOU KNOW?

Alcohol **dehydrates** and draws **vitamins and minerals** out of your body.

Alternate drinks with water.

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WHAT'S RESPONSIBLE DRINKING?

Drinking responsibly can be easier than you think. Follow these three guidelines:

1. Plan ahead for a safe ride home
2. Don't try to "keep up" with others
3. Know your limit before you get there (and before you start drinking!)

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